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Bangalore Mirror

TEMP Max 32 | Min 22 | Humidity 62% Mostly cloudy Sensex 74,267 | Nifty 23,382 | Gold 1,53,750 | Silver 2,64,822 | Dollar 95.21 | Euro 110.41 | GBP 128.08

CELEBRATE LIKE B'LURU

City was a lesson in order after RCB emerged champs second time in a row; cops' proactive planning and public advisory helped

PAGE 3

THAT'S A STINKER

Indiranagar locality in agony due to stench in the air from Cauvery water supply that seems to be tainted with sewage

PAGE 4

With inadequate funding, outdated catalogues and absence of modern digital infrastructure restricting the functioning of public libraries, most just end up serving only the needs of students preparing for competitive exams

ON THE LAST CHAPTER

KAUSHIK JN

Obtaining membership itself is a cumbersome task at govt establishments

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Once vibrant centres of learning that catered to readers of all ages, many public libraries in Bengaluru are now struggling with outdated collections, ageing infrastructure and a diminishing culture of reading, raising concerns among library users and education advocates.

Several readers say public libraries have increasingly become spaces primarily used by students preparing for competitive examinations, while their broader role as community hubs for learning and intellectual engagement has faded over the years.

Vinay Kumar, a member of Reclaim Constitution, recalls a very different library culture during his school and college days. Speaking to Bangalore Mirror, he said libraries were once designed to serve a wide range of readers, from children to adults, and stocked diverse resources including encyclopaedias and hard-to-find books.

> **"While libraries today largely cater to civil services aspirants, a few decades ago they served all age groups. Libraries would take requests for books and allocate budgets to source titles that were difficult to find**
>
> —Vinay Kumar, member of Reclaim Constitution

"While libraries today largely cater to civil services aspirants, a few decades ago they served all age groups. Libraries would take requests for books and allocate budgets to source titles that were difficult to find," he said.

He recalled frequently visiting the State Central Library as a student, although borrowing privileges were restricted. "Our neighbourhood did not have a library, but a mobile library would visit regularly until a

CONTINUED ON PAGE 8 >>

Garden city is not breathing easy

Air Quality Index remaining above safe mark of 100 for more number of days in a month as compared to previous years

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Once known for its pleasant climate and greenery, Bengaluru is now facing a growing air pollution crisis that mirrors Delhi's situation. Data from the Karnataka State Pollution Control Board (KSPCB) shows that the city's air quality has been steadily worsening, with most monitoring stations recording Air Quality Index (AQI) levels above the safe mark of 100.

PAGE 5: LIFE OF A LAKE

Last September, only two monitoring stations —Silk Board and Mysore Road (Kavika) — reported AQI levels exceeding 100. By November, with winter setting in, almost all major monitoring stations, including Basaveshwaranagar, Jigani Industrial Area, and Kasturinagar, recorded AQI readings above 100.

PAGE 2: RIDE OR DIE

The data indicates a clear deterioration trend, with experts warning that colder weather will trap pollutants closer to the

CONTINUED ON PAGE 8 >>

THINGS TO DO

01 Jungle adventure

The Galleria Mall has transformed into a Jungle Book-themed destination for children and families, with an immersive experience featuring larger-than-life animatronic displays of iconic characters along with workshops, performances and more. **Where: The Galleria Mall, Yelahanka; When: Until June 7, 12 pm**

02 Imagination hour

Atta Galatta presents an interactive storytelling session with Lavanya Prasad, bringing Nilah, a handmade Indian doll from the Nilgiris, alive through adventures, imagination, conversation and activities. For ages 4 to 9. **Where: Atta Galatta, Indiranagar; When: June 6, 3.30 pm**

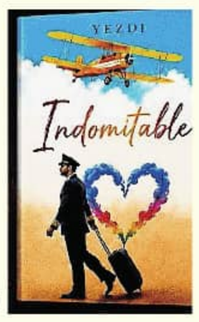
03 Crafted with care

Dastkar Bazaar presents its 25th edition with 160+ craft groups bringing authentic handcrafted merchandise across textiles, pottery, jewellery and wellness products. **Where: Jayamahal Palace Hotel; When: Until June 4, 10.30 am to 8 pm**

04 Nature's lament

Bhoomija presents Beeja Earth Seed, an immersive dance production by Malavika Sarukkai. Conceived as a bold artistic response to ecological crises, it evocatively explores humanity's ties to nature, memory, greed, harmony and loss. **Where: Prestige Centre for Performing Arts; When: June 6, 7 pm**

05 Journey of life



Atta Galatta is hosting the launch of 'Indomitable', a heartfelt story of middle-class aspirations and the travails of everyday living – of family, love and laughter coupled with loneliness and death. **Where: Atta Galatta, Indiranagar; When: June 6, 5 pm**

Canara Bank welcomes new MD and CEO

Brajesh Kumar Singh has taken charge as Managing Director (MD) and Chief Executive Officer (CEO) of Canara Bank. His appointment, notified by the Government of India on May 30, 2026, will remain effective until April 30, 2029, the date of his superannuation or until further orders.

Singh brings over three decades of banking experience across corporate credit, retail banking, human resources, business development and strategic operations. Before joining Canara Bank, he served as Executive Director of Indian Bank.

His appointment follows the recommendation of the Financial Services Institutions Bureau (FSIB) and approval by the Appointment Committee of the Cabinet. Singh succeeds K Satyanarayana Raju, who completed his tenure as MD & CEO on December 31, 2025. — BMB

Joyful return

Schools in Bengaluru reopened Monday with students warmly welcomed back, as many parents skipped office to share the joy, turning first day into heartfelt celebration

Green rides can't solve traffic blues

With EVs joining surge of conventional vehicles, Bengaluru's roads face worsening congestion as private vehicle registrations climb year by year, intensifying traffic crisis

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Experts say private vehicles should be discouraged to push agenda of sustainable mobility (File photo)

Bengaluru's traffic woes continue to mount as both battery operated vehicles and conventional fuel vehicles flood the city's roads. Data from the Karnataka Transport Department shows that between January and April this year, nearly 60,000 conventional fuel cars have hit Bengaluru's roads, apart from nearly 1.88 lakh two-wheelers. This marks a 20 per cent surge in the number of new private cars and two-wheelers registered this year compared with last year.

In 2025, a little over 51,000 cars and 1.54 lakh two-wheelers were registered in the given months. In March and April this year, more than 21,000 pure electric vehicles were added to the existing vehicle fleet in Bengaluru compared to just over 12,000 EVs added last year in March and April. Experts say private vehicles, mainly cars, whether battery-operated or fossil fuel-based, should be discouraged to push the agenda of sustainable mobility. The current state government is heavily inclined towards developing road infrastructure. This is bound to encourage people to buy private vehicles, whether conventional fuel-based or battery-operated, congesting city roads.

"With road infrastructure getting a tremendous push from the government, the share of households in the city with private four-wheelers is on the rise. However, no amount of road infrastructure in a city like Bengaluru can accommodate so many cars. This will only slow down the traffic, leading to commuters' inconvenience. Slow-moving conventional fuel-based cars lead to a large amount of particulate matter emission, deteriorating air quality," said a city-based mobility expert. Mobility experts also stress that developing affordable, reliable and robust mass transit systems, active mobility infrastructure and pushing demand-management policies are the needs of the hour.

"Dedicated bicycle lanes and pedestrian walkways will encourage people to walk or cycle for shorter trips. A reliable and affordable public transport network will then push them to not use private vehicles even for long-distance commuting. However, Bengaluru's mass transit network is developing at snail's pace, leading to this surge in private vehicles on the road," said the expert.

IN HIGH COURT

Advocate cleared of criminal charges over RTI enquiry

TheKarnataka High Court has quashed criminal proceedings initiated against an advocate who was accused of forgery and offences under the Scheduled Castes and Scheduled Tribes (Prevention of Atrocities) Act after he sought information through the Right to Information (RTI) Act regarding a complainant's caste status.

Justice M Nagaprasanna, while allowing the petition filed by the lawyer, expressed concern over what he described as a growing pattern of advocates being implicated in criminal cases merely for representing their clients.

The advocate had represented two individuals facing legal proceedings initiated by a woman. During the course of his professional engagement, the lawyer filed RTI applications seeking records from a school attended by the complainant. The school subsequently furnished the information. In 2024, the complainant lodged a fresh criminal complaint against the advocate and his clients, alleging offences including forgery under the Bharatiya Nyaya Sanhita and violations of the SC/ST (Prevention of Atrocities) Act. The court noted that there was no evidence suggesting that he had fabricated records, acted fraudulently or participated in any caste-based abuse. Consequently, it set aside the FIR and related proceedings against the advocate. — BMB

Forgery case persists against cyber centre owner

The Karnataka High Court on Monday refused to quash criminal proceedings against a Bengaluru-based cyber centre owner accused of preparing forged Aadhaar and other identity documents for individuals from Bangladesh, observing that such actions were detrimental to national interests.

Justice M Nagaprasanna made the remarks while hearing a petition filed by Arnab Mandal, who sought the dismissal of a case registered against him following a police raid conducted in November 2024.

During the hearing, the court expressed strong disapproval of the allegations against the petitioner, stating that the creation of fraudulent identity documents for foreign nationals posed a serious threat to the country. The judge observed that such practices enabled individuals from other countries to gain access to rights and benefits by using forged documents.

Justice Nagaprasanna remarked that allegations related to facilitating the entry and integration of foreign nationals through forged identity documents could not be treated lightly. He declined to interfere with the criminal proceedings. — BMB

VIP movement leaves pregnant woman stranded

The heart-wrenching video that showcases a hapless and concerned husband taking an extreme step of staging a dharna to facilitate his pregnant wife reach hospital on time went viral on Sunday. The incident took place on HAL Airport Road when traffic police stopped vehicular movement to facilitate the Governor's convoy reaching Lok Bhavan from HAL Airport.

The video shows the man sitting on the road demanding the traffic police allow the vehicle carrying his pregnant wife to proceed. He was seen asking the inspector why traffic was stopped much before the Governor arrived. "We are also VIPs. My wife is pregnant. How can you stop our vehicle? Allow us to proceed," he said. The inspector was seen summoning the Hoysala squad to the spot.

The incident drew sharp criticism from residents and social activists. Shivakumar V, Secretary of Domlur Layout Residents' Welfare Association, said, "I want the VIP culture to go. The traffic police should make alternative arrangements or find routes for VIP movement instead of troubling motorists. The inspector should have allowed the person to take his pregnant wife to the hospital."

A man staging a dharna on Old Airport Road on Sunday

Urban strategist Vinod Jacob said security protocols must respect citizens' lives and never block traffic for more than 45 minutes. "Leaders must set an example and stop practices that endanger lives," he added.

Poornima Shetty, President of United RWA of Konena Agrahara and Founder Director of Iron Feather Foundation, said, "We often discuss security, but rarely the human cost. A city's systems should protect lives, not test their luck."

Meanwhile, the Assistant Commissioner of Traffic (East) said an inquiry is in progress and a report will be submitted to the Deputy Commissioner of Police (Traffic) for suitable action. **–BMB**

How to celebrate like true champs: City parties in peace after team's win

Swift planning, strict engorcement, public cooperation help city police prevent unruly post-match scenes such as those seen elsewhere

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Following the Royal Challengers Bengaluru (RCB) thrilling victory for the second consecutive IPL title, celebrations sparked across the country. However, while many cities in southern India witnessed chaos, with fans taking over roads, bursting crackers recklessly, performing dangerous bike stunts and disrupting traffic, Bengaluru Police managed to keep post-victory celebrations largely under control through proactive planning and a public advisory.

Remembering the tragic stampede during RCB's maiden title celebrations in 2025 that claimed 11 lives, Bengaluru City Police adopted a zero-tolerance approach this year. Ahead of the IPL final, police issued a detailed advisory banning victory processions on public roads, large gatherings without permission, bike rallies, dangerous vehicle stunts, over speeding and unauthorised public screenings on outdoor LED screens.

City Police Commissioner Seemant Kumar Singh said, "Anticipating an emotional response from lakhs of cricket fans ahead of the IPL final, the Bengaluru Traffic Police had prepared from the day they got the news of RCB selected for finals."

The department established 99 vehicle-checking and nakabandi points across the city and deployed 721 beat patrols and 270 combined beat patrols at major gathering spots, with personnel remaining on duty until nearly 3 am.

PICS: KAUSHIK JN

Security personnel carried out vehicle inspections at multiple locations amid enthusiastic cricket celebrations

While jubilant fans celebrated a historic IPL triumph, meticulous policing, advance warnings and extensive overnight checks ensured festivities remained largely safe, offering a stark contrast to disorderly scenes reported elsewhere

Following the IPL final on May 31, police inspected 2,502 two-wheelers, 556 auto-rickshaws and 458 four-wheelers. Authorities seised 87 vehicles, including 83 two-wheelers, three auto-rickshaws and one four-wheeler, for traffic and public safety violations.

Speaking to senior police officials, they said under the enforcement drives, the North Division seised 75 vehicles, the South 35, East 25, while East Traffic booked 75 vehicles. Other divisions also conducted checks and action.

Singh told BM, "Thousands of vehicles were checked across the city during the operation, and enforcement action was taken against violators. Altogether, nearly 500 vehicles were seized by various police and traffic divisions for traffic and law-and-order violations."

Police officials said officers closely monitored major celebration hotspots, including commercial areas, pubs, busy junctions and arterial roads, to prevent traffic disruptions and ensure public safety. Additional personnel remained on standby to respond swiftly to any untoward incidents reported during the night.

Despite a few isolated incidents, including a viral video of a man performing a backflip on a Yelahanka road and a scuffle inside a pub on MG Road, police said the overall situation remained under control.

"Through continuous awareness campaigns on social media, press notes, and media reports, we repeatedly informed the public about the dos and don'ts during the IPL final celebrations... The public largely cooperated with us, and wherever violations were noticed, appropriate action was taken," Singh added. Meanwhile, videos from Kurnool, Visakhapatnam and Hyderabad showed forcing police intervention including lottery charge large crowds spilling onto roads, damaging property and forcing police intervention. Reacting online, several users said celebrations should spread happiness rather than disrupt traffic, damage public property or compromise public safety. Reacting to the viral videos, social media users said celebrations should be about sharing happiness, not creating disturbances. They criticised road blockades, traffic disruptions and property damage, saying celebrations must not endanger public safety, while prasising police action.

From 'Ee Sala Cup Namde' to 'Tatte Idli'

IPL slogan and beloved Karnataka dishes are helping Kannada expressions cross state boundaries, gaining recognition nationwide in an organic manner

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From cricket stadiums to restaurant tables, Kannada words find audiences across the country

A cricket slogan and a few iconic dishes are doing what language campaigns often struggle to achieve: taking Kannada words beyond Karnataka without translation.

Today, Kannada is finding unlikely ambassadors in cricket and cuisine. The most striking example is the phrase "Ee Sala Cup Namde" (This year, the cup will be ours).

What began as a hopeful slogan among Royal Challengers Bengaluru supporters evolved into one of India's most recognised sporting catchphrases. For years, it represented optimism despite disappointment, with fans repeating it season after season and turning it into a symbol of loyalty as much as ambition.

When RCB finally lifted the IPL trophy, chants of "Ee Sala Cup Namde" echoed far beyond Bengaluru. The slogan rang out in stadiums across the country, including during the final in Ahmedabad, where sections of fans joined in despite not speaking Kannada.

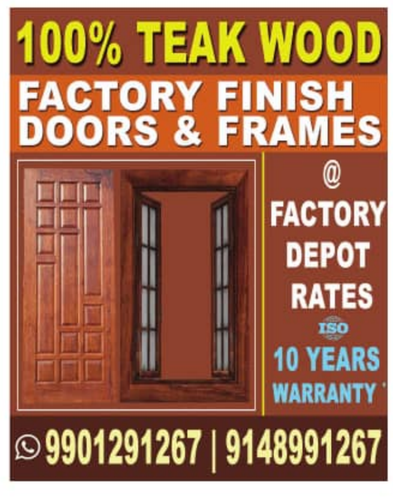
Unlike many regional expressions that get translated for national audiences, "Ee Sala Cup Namde" travelled across India in its original form. People may not know every Kannada word, but they understand exactly what the slogan means. "The phrase has become larger than cricket. It is now part of popular culture," says college student Shashank R. "People are not translating it because the Kannada version itself carries emotion and identity."

The slogan's popularity has also spread through memes, social media posts and entertainment content in other languages. References regularly appear in Telugu digital content and comedy sketches, reflecting how deeply the phrase has entered everyday conversations beyond Karnataka.

Food is playing a similar role. Dishes such as tatte idli and benne dose have gained popularity across Indian cities while retaining their Kannada names. Customers continue to order them using the original Kannada terms, helping preserve their cultural identity even as the dishes travel across regions.

"Food names often retain their original identity because authenticity matters," says college professor Meera K "Just as people say dosa, litti or misal without translating them, Kannada food names are increasingly becoming part of India's common culinary vocabulary."

This growing familiarity reflects a larger cultural shift, with regional identities gaining acceptance in mainstream India. Kannada words such as "namde", "tatte" and "benne" now travel naturally through culture. Cricker slogan, soft idli, buttery dosa introducing kannada to millions of Indians.



Piped water raises quite a stink in Indiranagar locality

Residents shut water valves amid foul-smelling supply, alleging civic negligence, as households rely on tankers and raise concerns over possible sewage contamination

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LEFT: Bubbles on water in the well; RIGHT: Suspected source of water contamination

Residents of 1st Main, Indiranagar, have been facing serious problems due to water contamination. They are being forced to keep the water meter valve locked to prevent Cauvery water from flowing into their sumps, even as residents in other areas await Cauvery water supply. The reason: a foul odour emanating from the piped water.

Residents say they have been spending thousands of rupees on cleaning their sumps and purchasing water from tankers.

"I do not want to use the piped water as it appears to be mixed with sewage. We cannot bear the foul odour coming from the sump. I have spent more than Rs 2,000 on cleaning the sump over the past two weeks. I have to depend on private water suppliers or BWSSB for Cauvery water. I have kept the water meter valve locked to prevent contaminated water from flowing into the sump," said Radhakrishna N, a resident.

Criticising BWSSB engineers for failing to resolve the issue, resident Dr NVS Krishnan said that despite repeated complaints, officials had done little to address the problem.

"Water contamination may lead to health issues. A few people have already fallen ill. I want BWSSB engineers to identify the source of the contamination and take steps to ensure a supply of clean water to residents of 1st Main, Indiranagar. It is disappointing to see only knee-jerk reactions from BWSSB engineers instead of a permanent solution," said Dr Krishnan. Expressing shock and dismay over what he described as the apathy of BWSSB engineers, resident B Krupakar said he had repeatedly complained to officials and even written to the BWSSB Chairman, urging action on the contamination issue, but to no avail.

Complaints mount in Indiranagar after suspected sewage contamination leaves wells unusable, triggers health fears and prompts demands for an official inquiry

"We have been requesting BWSSB engineers to inspect sewer lines and water pipes to identify the source of the contamination. We stopped using our well because the water is not potable. A foul odour was emanating from the well. Our neighbour has also stopped using well water due to contamination," said Krupakar.

He added that he suspected workers at a paying guest accommodation of blocking sewer lines by dumping rotten vegetables and other waste. "Many residents on this road have been suffering because of the contamination. It would be a great help if the BWSSB Chairman ordered an inquiry into the issue," he said. Meanwhile, a BWSSB Assistant Executive Engineer said measures had been taken to clear a UGD pipe that had become clogged with silt. "I will meet the residents and seek their feedback on this issue," he said.

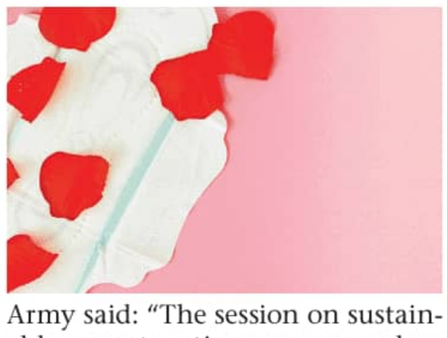
Community drive rewrites period narratives

Street theatre, eco-friendly solutions and community outreach unite to challenge stigma while empowering underserved women & girls

To mark International Menstrual Hygiene Day, the Indian Ploggers Army, in collaboration with the Mitu Foundation, conducted a menstrual health awareness drive for women and girls from the cowherd community residing near Kothanur Lake on May 31.

The initiative aimed to dispel myths surrounding menstruation, promote sustainable menstrual practices and improve access to menstrual hygiene resources. To engage the community effectively, volunteers staged an educational street play highlighting the importance of menstrual hygiene, proper sanitation and the health risks associated with unhygienic practices.

Following the awareness session, reusable cloth pads were distributed to women and adolescent girls, offering an eco-friendly and affordable alternative to disposable sanitary products. The event was led by Kala Charlu, founder of the Mitu Foundation, and environmental activist Plog Raja, popularly known as Bengaluru's "Cupman" and a key member of the Indian Ploggers Army.



Awareness sessions near Kothanur Lake encouraged healthier habits, distributed reusable products, engaged children, and promoted environmentally responsible choices among residents

Speaking about the initiative, Bharathy from the Indian Ploggers Army said: "The session on sustainable menstruation was very clear and helpful for everyone. It dispelled many myths and emphasised that menstruation is not a taboo subject. If we switch to menstrual cups or cloth pads today, we can prevent nearly 5,000 disposable pads from reaching landfills during a woman's menstrual lifetime."

Apart from the awareness drive, volunteers also organised games for local children and distributed preloved toys and clothes.

Reflecting on the experience, volunteer Ridhi Jayaprakash said: "I loved the way it was explained that periods are a blessing that enables the creation of life. 'Green the Red', for me, represents sustainability and hygiene in equal measure." The organisers said they plan to continue similar outreach programmes to promote menstrual health awareness and sustainable practices among underserved communities.

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Problems in your area?
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Playground peril

SVK Layout

A public playground in SVK Layout, Basaveshwara Nagar, is being misused as a parking area, rubbish dump and driving practice ground, while missing gates and LPG cylinder transfers pose safety risks to children.

Road neglect

Horamavu

A damaged and encroached road at 1st Cross, Water Tank Road, Horamavu, Ward 25, left unrepaired after BWSSB works, continues to trouble residents despite repeated complaints to civic authorities.

Pedestrian chaos

Tippasandra

Encroached footpaths, illegal two-way traffic on the one-way New Thippasandra Main Road near the Airtel showroom, and ongoing drainage slab works are causing severe inconvenience to pedestrians.

World Environment Day: 3 DAYS to go

How a lake evolves

Study spanning years shows environmental stress and rapid urban expansion has changed Mallathahalli Lake, but it still lives on with deep ties to people living around it

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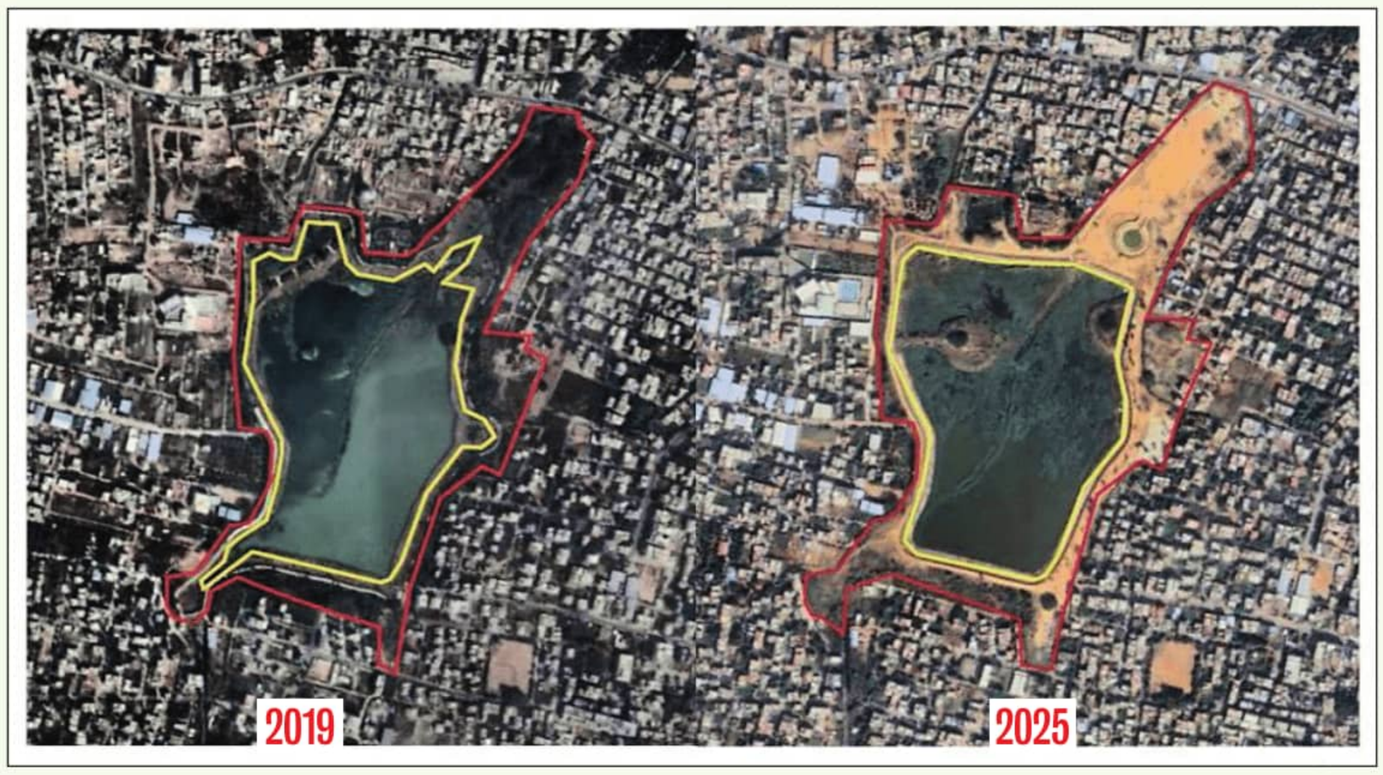
Once a village water source used for farming, washing clothes, fishing and religious rituals, Mallathahalli Lake has transformed into a urban public space amid Bengaluru's rapid expansion, according to a new study published in the International Journal of Advanced Research in Management, Architecture, Technology and Engineering (IJARMATE).

The research, titled 'Urban Transformation of Mallathahalli Lake: Spatial Change, Community Use, and the Emergence of a Third Space', by Dhanusha N of PES University's Faculty of Architecture, examines how the lake has evolved from a rural commons into a shared urban space while retaining its significance in the lives of local residents.

Located in Bengaluru's southwestern region, the lake was once surrounded by agricultural lands and villages such as Ullal, Mallathahalli and Muddinapalya. Over the decades, residential layouts, commercial establishments and road networks gradually encircled the waterbody, altering its physical form and accessibility.

According to the paper, the change that occurred in the case of Mallathahalli Lake was not a sudden one. It was a gradual process that occurred over a period of decades, as per the larger trends of urbanisation. The research draws on historical mapping, community surveys, field observations and interviews with long-time residents and temple representatives. Survey findings revealed that most visitors frequent the lake regularly, with walking emerging as the most common activity. The study found that residents continue to view the lake as an accessible and familiar public space embedded in their daily routines.



Restoration efforts undertaken between 2016 and 2020 introduced walking tracks, fencing and designated activity zones, changing the way public interact with Mallathahalli Lake — it reflects both improvements and ecological strain

Gradual change

According to the paper, Mallathahalli Lake's transformation was gradual. Before the 1980s, the lake was fully integrated into village life, with unrestricted access from all sides. During the 1980s and 1990s, urban development began replacing agricultural land with plotted layouts and roads. By the early 2000s, residential and commercial growth intensified, reducing open spaces around the lake and altering traditional access routes.

The lake gained wider public attention between 2010 and 2015 due to concerns over pollution, encroachments and environmental degradation. Restoration efforts undertaken between 2016 and 2020 introduced walking tracks, fencing and designated activity zones, formalising the lake's boundaries and regulating public access. The study notes that while traditional uses of the lake including water collection, bathing, fishing and cremation-related activities have disappeared, the lake continues to serve as an important community space. Walking, informal recreation, social interactions and cultural gatherings have become the dominant activities around the lake.

"The findings of this paper show that although people no longer depend on the lake in the ways they once did, their engagement with it has not reduced. Daily walking, informal recreation, and regular gatherings have replaced earlier forms of use," said Dhanusha N.

Pollution seeps in

Between 2019 and 2025, the research paper showed that Mallathahalli Lake has shown a pattern of partial ecological recovery alongside continued environmental stress. Pollution remains a persistent issue, with ongoing inflow of sewage and waste despite control measures introduced after restoration efforts. Biodiversity has further declined, with visible reductions in native species and weakened habitat continuity due to continued encroachment and urban pressure.

Surrounding the lake, rapid urban development has intensified, with increasing high-rise and mixed-use construction replacing earlier open landscapes, leaving only limited green spaces with small-scale planting efforts. While restoration activities initiated between 2016 and 2020 continue, outcomes are mixed, reflecting both improvements in public infrastructure and ongoing ecological strain.

New meeting points

However,the study highlights how spatial changes have influenced the way people interact with the lake. Earlier informal access points have been replaced by designated entrances and structured pathways. A 1.65-km walking loop now shapes visitor movement, while seating areas and shaded zones function as informal social gathering spots.

Despite these changes, cultural ties to the lake remain strong. Festivals such as Ganesha Habba, Mallathahalli Oora Habba and Shivaratri celebrations continue to draw large crowds. The study also notes the emergence of newer cultural practices such as Chhath Puja, reflecting the changing demographics of the area.

Sankey Tank still under sewage siege

Citizens raise alarm as contamination concerns deepen, dwindling reserves spark outrage, and officials trade accusations instead of solutions

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Even as authorities shift blame from one to the other, Sankey Tank is slowly gasping for breath. Members of Voice of Sadashivanagar and several non-governmental organisations had staged a protest on May 24, demanding that the authorities take measures to stop sewage from flowing into the lake. They also highlighted the alarming depletion of the lake's water level. Engineers from the Bengaluru West City Corporation (BWCC) and the Bengaluru Water Supply and Sewerage Board (BWSSB) inspected the lake's inlets on Dr Jeevaraj Alva Road. However, they were unable to identify the source of the sewage. They left, stating that they would prepare a plan not only to stop sewage from flowing into the lake but also to determine whether the ongoing construction of gabion structures had affected the lake's water level.

With no concrete measures taken even after a week, residents and lake activists have expressed concern over the continued inflow of sewage. Shilpa Jatti, a member of Voice of Sadashivanagar, said the officials concerned were not taking adequate steps to protect the lake.

"Since the last inspection under the SaveSankey initiative organised by Voice of Sadashivanagar, we observed another leak today at Gate 2. After BWSSB initially sealed a previous leak, sewage continued to enter the inlet. Of the 11 inlets, only one is currently functioning during the rains. The campaign has put significant pressure on BWSSB and BBMP to act and ensure the lake is revived," said Jatti.

Demanding immediate action, resident Suman Jain said he had repeatedly complained about water contamination in the lake, but nothing had been done to date.

The BWCC Executive Engineer (Lakes) said he had also noticed sewage flowing into the lake. "I sent the video to the BWSSB engineer, urging him to take measures to stop sewage from flowing into the lake," he said. However, the BWSSB Maintenance Engineer blamed BWCC engineers for failing to keep the stormwater drain clean. "The stormwater drain is the source of the polluted water entering the lake. I have submitted a report to my senior authorities," he said.

Urban lifestyles fuel K'taka's growing hypertension crisis

Rapid urbanisation, declining physical activity levels and growing diabetes prevalence continue driving hypertension rates upward across Karnataka communities and families

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Younger adults in their twenties and thirties increasingly developing hypertension

The Hypertension continues to emerge as a major public health concern in Karnataka, with the latest National Family Health Survey (NFHS-6, 2023-24) revealing a rise in the proportion of adults with elevated blood pressure compared to NFHS-5 conducted in 2019-21.

The increase was more pronounced among men. According to NFHS-6, 28.2% of men aged 15 years and above had elevated blood pressure, up from 26.9% in NFHS-5. Urban men reported a significantly higher prevalence at 32.4%, compared to 25.7% among rural men.

The survey showed that 15.4% of men had mildly elevated blood pressure, while 4% were classified as having moderately or severely elevated blood pressure. Although the proportion of men with severe hypertension declined from 6.7% in NFHS-5 to 4% in NFHS-6, the overall increase in elevated blood pressure suggests hypertension remains widespread across the state.

Among women aged 15 years and above, 25.1% were found to have elevated blood pressure—defined as systolic pressure of 140 mm Hg or higher, diastolic pressure of 90 mm Hg or higher, or currently taking medicines for hypertension—compared to 25% in NFHS-5.

The prevalence was higher in urban areas, where 27.8% of women were affected, compared to 23.3% in rural Karnataka. The survey also found that 11.6% of women had mildly elevated blood pressure, while 6.4% had moderately or severely elevated blood pressure.

Dr Pradeep Kumar D, Senior Consultant - Cardiology, Sakra World Hospital, Bengaluru, said, "The rise in hypertension across Karnataka is a perfect storm of modern life and aging. As cities expand, we're moving less, eating more processed food, and dealing with intense daily stress. This has triggered a spike in obesity and diabetes, which directly drive-up blood pressure. Because hypertension is a 'silent killer' with no obvious symptoms, better screening is catching more cases than before. Still, the reality is clear: our changing lifestyles are outpacing current prevention efforts."

Speaking about the higher prevalence among urban residents, Dr Kumar said, "The life of urbanites is fundamentally reshaping their health. Long desk hours and exhausting commutes have made daily life incredibly sedentary. At the same time, traditional fresh meals are frequently replaced by convenient, processed foods packed with hidden sodium and unhealthy fats. The changes are not limited to diet and inactivity; they are also impacting mental health. Relentless work pressure, financial stress, and poor sleep are constantly keeping the body in a fight-or-flight state. Along with all these factors, rising air pollution and habits such as smoking and drinking are also reasons why urban blood pressure is rising."

Commenting on hypertension being increasingly detected among younger adults, Dr Gowtham H G, Consultant - Cardiology, Fortis Hospital, Nagarbhavi, Bengaluru, said, "We are increasingly seeing hypertension among younger adults, including individuals in their 20s and 30s. Sedentary lifestyles, obesity, chronic stress, excessive screen time, poor sleep habits, frequent consumption of processed foods, smoking, alcohol use, and high caffeine intake are major contributing factors."

Addressing hypertension requires both public health initiatives and individual action. "At the community level, greater awareness campaigns, routine blood pressure screening programmes, early detection initiatives, and education on healthy lifestyle habits are essential. Since uncontrolled hypertension is a major risk factor for heart attacks, strokes, kidney disease, and heart failure, early prevention and timely treatment remain the most effective strategies to reduce its long-term health burden," said Dr Gowtham.

> **"Since uncontrolled hypertension is a major risk factor for heart attacks, strokes, kidney disease, and heart failure, early prevention and timely treatment remain the most effective strategies to reduce its long-term health burden**
> – Dr Gowtham H G, Consultant - Cardiology

Unverified corruption claims draw Lokayukta heat

Upa Lokayukta directs Mandya resident to substantiate bribery allegations with evidence, warning of action under Section 17

Making baseless allegations against the Lokayukta or Upa Lokayukta can prove costly, as Section 17 of the Karnataka Lokayukta Act prescribes punishment for intentionally insulting the office. The provision allows for simple imprisonment of not less than six months, which may extend to one year, along with a penalty. Upa Lokayukta Justice B Veerappa has registered a suo motu case against MB Nagannagouda of Mandya for a social media post alleging that, during the Upa Lokayukta's visit to Mandya on May 21 and 22, 2026, some persons collected money from government officials to secure clean chits in cases pending against them. The Upa Lokayukta directed Nagannagouda to produce details supporting the allegations and posted the matter for hearing on June 1.

Nagannagouda, in a letter to Karnataka's Chief Secretary, sought a high-level inquiry into the alleged collection of money by government officials. "I don't know if the Upa Lokayukta got the money collected by the government officials or if it was done without his knowledge," he stated in the letter. The Upa Lokayukta observed that instead of meeting him and submitting supporting documents, Nagannagouda had lodged a written complaint with the Chief Secretary. "You are directed to provide details of those who indulged in collecting money... You must appear before me on June 1. If failed to provide supportive documents, a case will be registered as per Section 17 of the Karnataka Lokayukta Act, 1984," the order stated. **— BMB**

BM Trippin' Tales

Tumakuru emerges as Karnataka's new weekend escape

Sridhar Vivan
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TWEETS @sridharvMirror

Areas such as Devarayanadurga, Madhugiri, Pavagada and Siddarabetta are likely to witness a sharp rise in weekend tourism activity, especially from Bengaluru travellers seeking short spiritual, adventure and heritage trips

Just a short drive from Bengaluru, Tumakuru district is steadily emerging as Karnataka's next major weekend tourism destination under the state government's Karnataka Tourism Policy 2024-29. In a major push for tourism development, 63 destinations from Tumakuru have been included in the government's newly identified list of 1,275 tourism spots across the state.

The initiative is expected to transform Tumakuru from an industrial and educational centre into a tourism hub offering religious, historical, rural and eco-tourism experiences. With Bengaluru residents increasingly seeking weekend getaways, officials believe the district's proximity to the city could make it one of Karnataka's most popular tourism circuits.

Until now, tourism in Tumakuru centred on a few popular temples and destinations. The new policy broadens the tourism map by including neglected forts, ancient temples, lakes, hills and archaeological sites across rural areas. Several historically significant locations, long overlooked due to poor infrastructure and maintenance, are expected to attract visitors.

"The Tourism Department has indicated that every identified destination will eventually get a dedicated infrastructure development plan, including roads, drinking water facilities, parking spaces, toilets, lighting, safety systems, signboards and eco-friendly tourism facilities," an official said. Tourism officials believe the initiative could significantly boost the local economy by creating employment opportunities for rural youth as tourist guides, homestay operators, transport providers and food vendors. Local handicrafts and small businesses are also expected to benefit from increased tourist movement.

Areas such as Devarayanadurga, Madhugiri, Pavagada and Siddarabetta are likely to witness a sharp rise in

weekend tourism activity, especially from Bengaluru travellers seeking short spiritual, adventure and heritage trips.

Assistant Director of the Tourism Department Sanjeev Kumar said the inclusion of 63 destinations aims to attract more visitors and ensure infrastructure development. He added that tourism growth in Tumakuru will help preserve ancient heritage sites while generating economic activity in surrounding villages

Tumakuru tourist places and distance from B'luru

Devarayanadurga – **75**
Madhugiri Fort – **105**
Siddaganga Mutt – **70**
Namada Chilume – **80**
Goravanahalli Mahalakshmi Temple – **90**
Siddarabetta – **100**
Channarayana Durga Fort – **98**
Shivagange – **55**
Huliyurdurga – **94**
Yediyur Siddhalingeshwara Temple – **85**
Jayamangali Blackbuck Sanctuary – **120**
Pavagada – **160**
Markonahalli Dam – **90**
Hutridurga – **75**

*** in kilometers

Planning for the new cabinet begins

DKS, Siddaramaiah reach Delhi for talks with Cong high command

Karnataka chief minister-designate DK Shivakumar and senior leader Siddaramaiah arrived in the national capital on Monday to hold consultations with the Congress high command over the composition of the new state cabinet, ahead of the June 3 swearing-in ceremony.

Shivakumar, who replaces Siddaramaiah after being formally elected leader of the Congress Legislature Party in Karnataka on Saturday, is scheduled to be sworn in as the chief minister alongside select members of his council at 4.5 pm on Wednesday.

Asked about the visit, Shivakumar, who checked into Karnataka Bhawan here, told reporters, "We have to decide" -- a reference to the council of ministers.

Siddaramaiah, meanwhile, is staying at a private hotel in the national capital.

With Karnataka's council of ministers capped at 34 -- including the chief minister -- and a swelling pool of aspirants vying for limited berths, Shivakumar faces one of his first and most consequential tests as CM-designate.

Party sources acknowledged the risk of widespread disgruntlement among those who fail to make the cut.

Asked on Sunday about the number of ministers to be sworn in alongside him, Shivakumar said, "I don't know. Whatever the party high command decides will be done. I don't want to comment on that."

Aspirants have reached the national capital in numbers, with former ministers and legislators seeking audiences with both Shivakumar and Siddaramaiah to press their claims.

Party sources indicate the new cabinet is likely to be a blend of familiar faces and fresh entrants, with careful attention paid to caste arithmetic, regional balance and loyalty equations -- particularly towards the Siddaramaiah camp.

Speculation is rife that the new government could have multiple deputy chief ministers, and that several ministers from the outgoing Siddaramaiah cabinet may not be retained.

Congress President Mallikarjun Kharge has maintained that no formal proposal on the ministry's composition has been received yet.

Siddaramaiah's son and Congress MLC Yathindra, after meeting the CM-designate on Sunday, expressed confidence about a cabinet berth, saying the party high command had assured him of a ministerial position.

The Delhi parleys are also expected to address the question of who succeeds Shivakumar as Karnataka Pradesh Congress Committee President.

Senior MLA and former minister Satish Jarkiholi is said to be the frontrunner -- though he is reportedly seeking a cabinet position along with the organisational post, complicating the arithmetic further.

The Congress leadership is additionally expected to finalise candidates for the Rajya Sabha and Legislative Council elections scheduled for June 18. With its current Assembly strength, the ruling party is projected to win three of the four Rajya Sabha seats and five of the seven MLC seats up for grabs. **-PTI**

IN FOCUS
Change of guard

Hoardings of DK Shivakumar appear in city as workers begin preparations at Vidhana Soudha for oath-taking ceremony

PICS: KAUSHIK JN

INBRIEF

Fake payments, real losses daily

As digital payments become the norm and cash transactions continue to decline, cyber fraudsters are increasingly targeting traders and small business owners using fake UPI payment apps. The scam involves customers purchasing goods, particularly from crowded shops, and displaying fabricated Google Pay or PhonePe payment screenshots that appear genuine. Taking advantage of busy shop owners who are unable to verify transactions immediately, fraudsters walk away with goods without making any actual payment. Small traders, roadside vendors, and fruit and vegetable sellers are among the worst affected, often suffering direct financial losses that eat into their daily earnings.

According to cyber police, scammers use fake payment applications that generate convincing transaction screens displaying the merchant's name and the payment amount. When questioned about the absence of a credit alert, they often blame network issues and claim the money will be reflected shortly. A similar fraud was uncovered on a BMTC bus a few months ago when a passenger showed a fake payment screenshot for a ticket, only to be caught after the conductor verified that no money had been received. Cyber police have advised merchants not to rely on screenshots, but to verify credits directly through bank statements or official SMS alerts, and to use dedicated business payment apps that provide reliable audio confirmations when money is credited. **-BMB**

BNCC orders rapid tree clearance

With the monsoon intensifying across the city, Bengaluru North City Corporation (BNCC) Commissioner Pommala Sunil Kumar has directed officials to expedite the removal of hazardous trees, rain-felled trees and dangerously hanging branches to ensure public safety.

During a video conference held on Sunday, the Commissioner reviewed the status of tree-related incidents across the corporation limits, including details of fallen trees, hazardous branches, completed operations and pending cases requiring immediate attention.

Emphasising the need for swift action, Kumar instructed officials to prioritise the removal of trees and branches that pose a risk due to heavy rain and strong winds. He also directed teams to completely clear fallen trees, branches and debris from affected sites and ensure thorough cleaning of the surrounding areas. To strengthen response efforts during the monsoon season, the Commissioner ordered the deployment of additional teams and asked officials to recruit extra manpower wherever necessary. He further directed departments to procure modern equipment and machinery in locations where there is a shortage of tools required. **-BMB**

CRIMEFILES

Illegal betting platform ring busted in massive op

In one of the largest anti-online betting operations in the country, the Karnataka State Cyber Command, in coordination with the Indian Cyber Crime Coordination Centre (I4C), has targeted a vast network of illegal betting platforms comprising around 8,750 websites, mobile applications, and fraudulent URLs.

Acting on credible intelligence, specialised cyber teams conducted coordinated online investigations and identified organised groups operating illegal cricket betting platforms through mirror domains, sub-domains, and cloned URLs. Based on the findings, a case was registered as Crime No. 2/2026 under Sections 66C and 66D of the Information Technology Act and Sections of the Bharatiya Nyaya Sanhita (BNS). Karnataka Cyber CommandoOfficials said the networks caused big financial losses, data breaches, mental distress, and debt-related hardships to thousands.

854 cases registered during traffic special drive

In a week-long special drive conducted by the Traffic Police from May 25 to May 31, 854 cases of drunken driving and speeding were registered. The drive was conducted by 53 traffic police stations. During the drive, officials checked a total of 41,033 vehicles of different categories and registered 699 cases against motorists found driving under the influence of alcohol. Alongside this, the crackdown witnessed 155 cases of speeding vehicles and a total of Rs 1.56 lakh was collected in fines. Traffic officials, such special drives will continue.

8 phones stolen from PG hostel while residents slept

Miscreants broke into a paying guest (PG) accommodation on Kudlu Main Road at night and stole eight mobile phones. According to the police, Darshan, residing at the Sai Aradhya Luxury PG for Gents in Hosapalya, filed a complaint that he discovered that two of his phones kept for charging at night had gone missing on May 29. Other residents' mobile phones too had been stolen that night. Probe revealed that the PG did not have a security guard on duty at the time and residents had left their room doors unlocked.

Public prosecutor nabbed taking ₹5,000 bribe

Officials of the Karnataka Lokayukta laid a trap on Monday and caught a public prosecutor red-handed as she was accepting a bribe of ₹5,000.

According to Lokayukta officials, the accused has been identified as Savitha Naveen Patil (55), Public Prosecutor attached to the City Civil and Sessions Court (CCH-54), Bengaluru. The trap was registered under Section 7(a) of the Prevention of Corruption Act, 1988 (as amended in 2018).

The complainant, Manjunath (40), a resident of Banashankari, alleged that the prosecutor had demanded ₹5,000 to submit objections and registered a case at Chennammanakere Achukattu Police Station.

Based on the complaint, Lokayukta officials laid a trap. **-BMB**

BMTC bus that refused to budge

In a post on X, user @achris1226 alleged that most BMTC bus conductors behave arrogantly towards passengers and challenge them to lodge complaints, claiming that UPI-based ticketing had slowed down operations.

The user cited one particular bus, alleging that it remained stationary for up to 28 minutes from 9.42 am.

The user tagged BMTC Bengaluru officials on X and questioned whether any action was underway. However, no response was issued by the authorities on the platform. **-BMB**

Libraries for all seems to be a fading dream

CONTINUED FROM PAGE 1

local library was established. It is a matter of intent — those responsible for administering libraries went out of their way to spread knowledge," he said.

According to Kumar, that commitment to knowledge dissemination has weakened over time. "The culture of imparting knowledge is on the decline, if not dead," he said, adding that the deterioration of libraries reflects a broader social shift.

The changing nature of library usage is also reflected in borrowing patterns. A staff member at a public library in Kalyan Nagar said visitors can access library premises free of cost for reading, browsing and research purposes, but must obtain a lifetime membership costing Rs 202 to borrow books. Members are allowed to borrow up to three books at a time.

The staff member noted that while novels and general reading material can be checked out, many competitive examination guides and study resources are restricted to in-library use because of high demand. "Study materials are frequently requested by a large number of visitors, so borrowing them is not usually allowed. Novels, however, can be taken home by members," she said.

The restriction highlights how many public libraries have increasingly come to serve examination aspirants, often at the expense of a broader reading culture that once attracted children, hobby readers and families.

Experts point to multiple challenges facing public libraries today, including inadequate funding, outdated catalogues and the absence of modern digital infrastructure. Many libraries continue to stock ageing collections, while access to computers, online databases and digital resources remains limited.

Kumar said the widespread assumption that information is readily available online has contributed to the neglect of physical libraries.

"We're living under the illusion that everything is available online. Social media has added to the information overload," he said, adding that the belief of abundant resources being present on the internet has led to the degradation in the quality of libraries.

Education experts argue that libraries cannot lose their relevance. "While digital resources have expanded access to information, libraries continue to play a critical role in providing curated, reliable knowledge and quiet study spaces, particularly for students who may not have access to such facilities at home," educationist Niranjanaradhya said.

The issue of accessibility also remains a concern. Kumar contrasted his experience with public libraries in India with a visit to the British Library in London, where he said he received a library card free of cost within minutes. While acknowledging that identity verification requirements may be necessary in India, he said the process should not become a barrier to access.

"India is largely a low-trust society, so certain requirements such as address proof may be unavoidable. But obtaining library membership should not become a cumbersome process," he said.

Education advocates argue that libraries need renewed investment in contemporary collections, community programmes, children's reading initiatives and digital services to regain their relevance.

As the city continues to expand, they warn that neglecting public libraries could further widen educational disparities and reduce access to quality learning resources for thousands of residents.

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CHANGE OF NAME

I, Vanishri, W/o Abhishek Sirasali, No. MIG 166, KHB Colony 2nd phase Amargol, VTC,Amargol, Hubli-580025, have changed my name to Vanishri Abhishek Sirasali, vide affidavit dt: 28.05.2026 before notary Ravi, Bangalore.

I, Revathy Jayakumar w/o Jayakumar Sreenivasan, R/o No 226 21st Main Road Srinivasa Nagar Nandini BDA Layout B'Luru-560096 have changed my name to Revathy Balasubramaniam for all purposes.

I,SUBROTO Haldar S/O Sachin Haldar # 129 Mottappanapalya Indiranagar Bangalore -560038, Have changed my name to SHUBRATA HALDAR.For all purposes.

I Mukunda.j K S/O, Krishna Murthy.j R/o N0-76,5th A Cross,near Police Station,r K Colony, J P Nagar 2nd Phase, Bengaluru, 560078 have changed my name to J K.mukund.

I, Tejas Kumar D, S/o Dasaraju Ranganna R/o No. 132, Navagraha Temple Road, Megala Beedi, Kanakapura, Ramanagar-562117 I have changed my name from Tejas Kumar Dasraju to Tejas Kumar D vide sworn before notary No: IN-KA74950941147454Y K.V. Prema Kumari Bangalore dated 30.05.2026

I, LOTIYA RUBAB KHOJEMABHAI, Residing at No 302, Asrithas NZ, Eeshan Meadows Apartment, Mico Bosch, Ayyappa Garden, Adugodi, Bangalore-560030, Have changed my name to LOTIYA RUBAB KHOJAMABHAI vide affidavit dated 30/5/2026 sworn before Notary Aravind Patil G.G Bangalore

I, Jagadeeswara Reddy Singasani Venugopala, R/o No.3839, JR nivas, 3rd main, 7th cross, Vasudha, Enclave, Doddanekundi, Bengaluru 560037 * Have changed my name to JAGADISWARA REDDY S. I shall be called by this name for all purposes

I, S HRITHIK HARSHITH R/o No.10, 5th Cross, Chikkanna Layout, Maheshwarinagar, Bengaluru-560048, have changed my name to HRITHIK HARSHITH for all purposes.

I, Selvam, s/o Pachappa (late) R/o No-40 20th A Main Venkateshwara Layout BTM 1st Stage B'luru-560068 have changed my name to Selvam Pachappa for all Purposes.

I, Syed Imtiyaz S/o Syed Aftab R/o No 9/8,Swasthi Main Road, 4th Cross, Shanthi Nagar, Bengaluru-560027.Have changed my name to Syed Imtiyaz Ahmed for All Purposes

CHANGE OF NAME

I, Bharati, R/at No. 403, 4th Floor, Baba Residency, BHCS Layout, Uttarahalli, Chikkalasandra, Bangalore 560 061 have changed my name to BHARATI P HEGDE after marriage vide affidavit dt. 30.05.2026 sworn before Notary Aravind Patil G G, Bangalore.

I, A ANAND RAO, Residing at No 307, 3rd Floor, Sumukha Silver Stone, Bilekahalli Main Road, Bannerghatta Road, Bangalore-560076, Have changed my name to ALFRED ANAND RAO vide affidavit dated 01/06/2026 sworn before Notary Aravind Patil G.G Bangalore

I, VENESSA RAO, Residing at No 307, 3rd Floor, Sumukha Silver Stone, Bilekahalli Main Road, Bannerghatta Road, Bangalore-560076, Have changed my name to VENNESSA RAO vide affidavit dated 01/06/2026 sworn before Notary Aravind Patil G.G Bangalore

I, Choodamani Prabhakara W/o Prabhakara Kolar Maistry Muniyappa R/o No 25,18th Main,M C Layout, Vijayanagar, B'luru 560040 have changed my name to Chudamani Prabhakara.

I, Nagaratnamma R/o #90, 4th Cross,10th Main ,1st Stage Mathikere,2nd Phase, B'lore-560054 have changed my name to Nagarathna.S

I, Mr.Kallahalli Munireddy Manjunatha parent of minor Mr.Harsha Manjunatha, residing at R/O No.18, 2ND Cross, Chowdareddy Layout, Banahalli Road,Chandapura, Bengaluru-560099, declaring that I have changed my son name from Mr.Harsha Manjunath to Mr.Harsha Manjunatha and My name from Mr.Manjunath to Mr.Kallahalli Munireddy Manjunatha and his mother name from Mrs.Mamatha to Mrs.Anjenreddy Mamatha. Henceforth, the corrected names and address mentioned above shall be used for all purposes and records.

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Oxygen level too slipping below ideal mark

CONTINUED FROM PAGE 1

ground, worsening respiratory and cardiac issues among residents.

In addition to poor AQI levels, oxygen concentration in Bengaluru's atmosphere has dipped below the ideal 20% mark, now averaging under 19%. Environmentalists attribute this to deforestation, unchecked urbanisation, and heavy vehicular emissions. Professor TG Renuka Prasad, a noted environmental scientist, cautioned that "if corrective steps are not taken soon, Bengaluru could turn into another Delhi". He warned that this decline in air quality would severely impact both public health and the city's livability.

Rising vehicles, falling green cover

The pollution problem is compounded by the city's rapid growth and surging number of vehicles. Bengaluru's registered vehicles have increased from 1.09 crore in 2022–23 to 1.23 crore this year, while electric vehicles account for only about 3.4 lakh. With a population of nearly 1.6 crore, the city's road density continues to rise sharply. Simultaneously, Bengaluru loses an average of eight trees per day—around 2,920 each year—and has lost more than 12,000 trees in the past five years due to development projects. Experts say this large-scale deforestation has crippled the city's ability to naturally filter pollutants and maintain oxygen levels.

MAIN CULPRITS

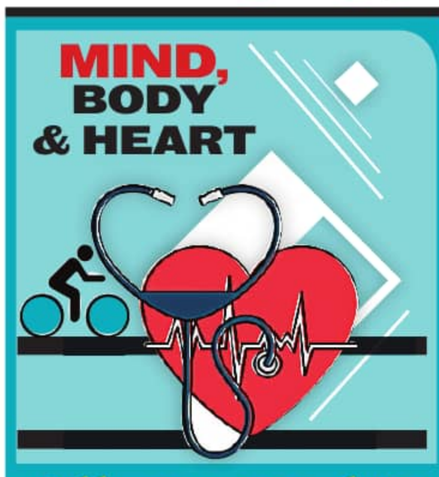
- Road dust **51.1%** of PM10 particulate matter
- Vehicle emissions: **18.6%**
- Construction debris: **2.6%**
- Open waste burning: **7.8%**

PM10 particles—smaller than 10 micrometers—are particularly harmful as they penetrate deep into the lungs, increasing the risk of chronic diseases. AQI data across major city zones shows worrying figures: Jayanagar 5th Block recorded 147, Mysore Road (Kavika) 106, Basaveshwaranagar 128, Kasturinagar 108, Peenya Industrial Area 139, and City Railway Station 106. Only a few locations temporarily stayed under 100, but trends suggest rising levels citywide.

The AQI scale classifies air quality as follows: 0–50 good, 51–100 satisfactory, 101–200 moderate, 201–300 poor, 301–400 very poor, and above 400 severe. With most Bengaluru locations now between 120 and 180, the city falls in the "moderate to poor" range. Experts warn that without swift and coordinated action, Bengaluru could soon face a full-blown pollution crisis on par with Delhi's—putting both public health and the city's identity as India's 'Garden City' at risk.

HEALTH TIP: Fish oil: Research suggests low omega-3 intake may increase eye disease risk; eating fish may reduce macular degeneration.

Dark chocolate: Dark chocolate's minerals nourish skin, support cell growth and help maintain a fresh, radiant appearance.



All you need to know about...

Summer survival

Summer brings holidays, outdoor plans and longer days, but extreme heat can leave you feeling dehydrated, exhausted and irritable. Experts share simple ways to stay healthy and comfortable throughout the season.

Tweak your diet
Digestion slows in hot weather, so opt for light meals such as dal rice, khichdi or curd rice. Include hydrating foods like cucumber and melon, and avoid spoiled food.

For your skin
Use a broad-spectrum SPF 30+ sunscreen daily, even indoors. Reapply outdoors, use a gentle cleanser and light moisturiser, and stay hydrated with water-rich fruits.

For your body
Exercise in the early morning or evening to avoid peak heat. Choose indoor activities such as yoga, Pilates or gym workouts, and replace lost electrolytes with coconut water, lemon water or electrolyte drinks.

For your mind
Hot weather can affect mood, sleep and concentration. Stay cool, limit sun exposure, keep hydrated and practise relaxation techniques to reduce heat-related stress.

For your hair
Excessive sun, sweat and humidity can weaken hair and irritate the scalp. Regular cleansing, hydration and sun protection help maintain scalp and hair health.

For intimate health
Hot weather can increase the risk of infections and irritation. Wear loose cotton clothing, change out of sweaty garments promptly and stay hydrated to maintain comfort and wellbeing.

For ease of movement
Gentle yoga, walking and breathwork can help regulate body temperature and maintain energy without overheating.

Have a healthy summer
Prioritise sleep, hydration, nutrition and recovery. Adapting to the heat helps maintain energy and overall wellbeing.

-Femina

How social media rewires minds

ADHD and autism increasingly dominate online mental health conversations

More people are relying on social media such as TikTok, Instagram, YouTube and Reddit – to learn about mental health conditions and to interact with people who have shared experiences.

These are not only long-familiar disorders such as depression, anxiety and schizophrenia. They also include conditions often placed under the "neurodivergent" umbrella, such as autism, ADHD (attention deficit hyperactivity disorder), Tourette syndrome and dyslexia.

For instance, on TikTok the hashtag #ADHD has had more than 50 billion views.

We wanted to explore how social media platforms shape our understanding of mental health. So we analysed more than 14 million posts and comments about mental health on Reddit.

We found a shift in conversations towards ADHD and autism, and away from anxiety and depression.

Our findings have important implications for how people make sense of, and seek help for, mental health problems.

A complex relationship

Social media coverage of mental health has made it more visible, with some positive effects. It has probably reduced the stigma surrounding mental illness and increased the use of mental health services.

However, it also has downsides. It can induce or exacerbate eating disorders, contribute to the spread of symptoms (such as tic-like behaviours), and has been linked to the rise of questionable self-diagnoses.

Misinformation is common in social media discussions of mental health. One study found that a majority of the most popular TikTok videos on ADHD were misleading. Inaccurate information about many other mental health conditions is also widespread on social media.

> **Reddit's mental health landscape has shifted dramatically towards neurodivergence-focused discussions**

Discussions change and evolve

Mental health content has not merely increased in volume. Some conditions have increasingly attracted attention, while others have receded from view, and the relationships among them have shifted.

In our Reddit study, published last year, we found that as the largest ADHD- and autism-related communities (subreddits) became increasingly prominent from 2012 to 2022, their content gradually became more similar and their users increasingly overlapped.

Discussions in both communities increasingly emphasised the experiences of adults, challenges in accessing diagnostic assessments, and difficulties in personal relationships.

This growing convergence of the two conditions on Reddit illustrates how social media can reshape perceptions of mental health.

Our latest study takes this further

In our new study, we analysed more than 14 million posts and comments from several of the largest mental health communities on Reddit.

The 14 communities we studied included those related to mood, anxiety, trauma, personality disorders, dissociation and psychosis, as well as those focused on conditions often placed under the "neurodivergent" umbrella, such as autism, ADHD, Tourette syndrome and dyslexia.

We investigated how the people belonging to these communities, and the language they used, changed from 2015 to 2022.

We explored which communities became more or less closely associated over time, sharing more or fewer members and containing posts and comments with similar or different linguistic content. We also examined whether these changes reflected shifts in the amount of attention the 14 conditions received. Although our analysis covered only a seven-year period, it revealed a striking pattern of change. The two diagrams show how the 14 communities were interconnected at the beginning and end of the period.

The size of the circles represents the relative size of the communities. The width of the links between them indicates how closely they were associated.

In 2015, depression and anxiety were prominent mental health communities on Reddit. They were among the most active, and their members and content overlapped with those of many other communities. In this sense, they were central to the network.

By 2022, ADHD and autism communities had overtaken depression and anxiety on Reddit, reflecting a shift in mental health discussions towards neurodivergence. While Reddit users are not representative of the wider population, the study highlights changing online mental health conversations.

Why does it matter?

The rising prominence and centrality of ADHD and autism make them increasingly popular explanations for mental health problems. This may promote accurate self-diagnosis among people who might otherwise not have recognised the nature of their difficulties.

However, it could also lead people to misinterpret and mislabel their experiences as ADHD or autism when another explanation exists. The growing prominence of these conditions on social media may also lead people to interpret mood or anxiety symptoms as signs of ADHD or autism.

Such misinterpretations can lead people to pursue inappropriate diagnoses or unhelpful treatments, delaying access to the support they need. This, in turn, places increasing pressure on mental health services and may result in other conditions being overlooked.

(By Jemima Kang, Mike Conway, and Nick Haslam, The University of Melbourne, The Conversation)

MIRRORLIGHTS

Cancer staff shortages threaten survival rates, global study warns

A comprehensive scale-up of the global cancer workforce could reduce cancer mortality by more than 50 per cent across 55 countries, including those in South Asia, according to studies published in The Lancet Oncology.

Researchers found that increasing the number of surgeons could reduce global cancer mortality by 3.64 per cent, particularly in Africa, Asia and Oceania, while expanding the diagnostic and imaging workforce could deliver the largest reduction, at 7.61 per cent.

A Lancet Oncology Commission report projects a global shortage of 100 million cancer care workers by 2050, even as cancer cases are expected to rise by 21 per cent. Low- and middle-income countries are likely to bear the greatest burden. The largest workforce gaps are projected among nurses (65 million) and diagnostic specialists in radiology and pathology (16 million).

The report said a shortage of trained personnel remains a major obstacle to reducing disparities in cancer survival between high-income and low- and middle-income countries.

Researchers urged immediate investment in technology, training and workforce development to meet rising demand. The commission also called for stronger workforce planning, expanded access to diagnostic and treatment services, and the establishment of workforce and cancer registries.

It estimated that scaling up the cancer workforce could avert up to 170 million deaths and generate economic benefits worth USD 120 trillion between 2030 and 2050. **PTI**

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@BangaloreMirror

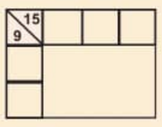
SOLVE IT IN A MINUTE

$\sqrt{(x+4)} - \sqrt{(6\# + 3\#)} = 0$

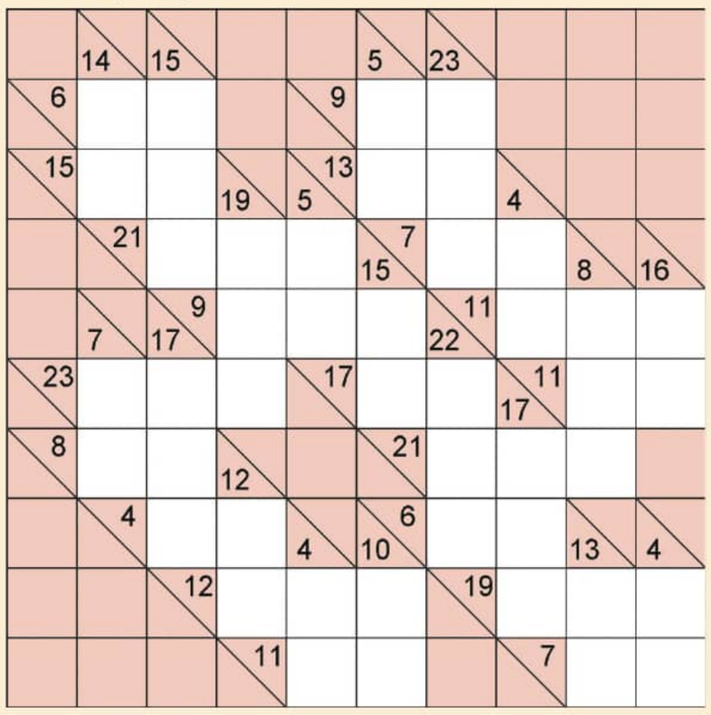
$x = ?$

Kakuro

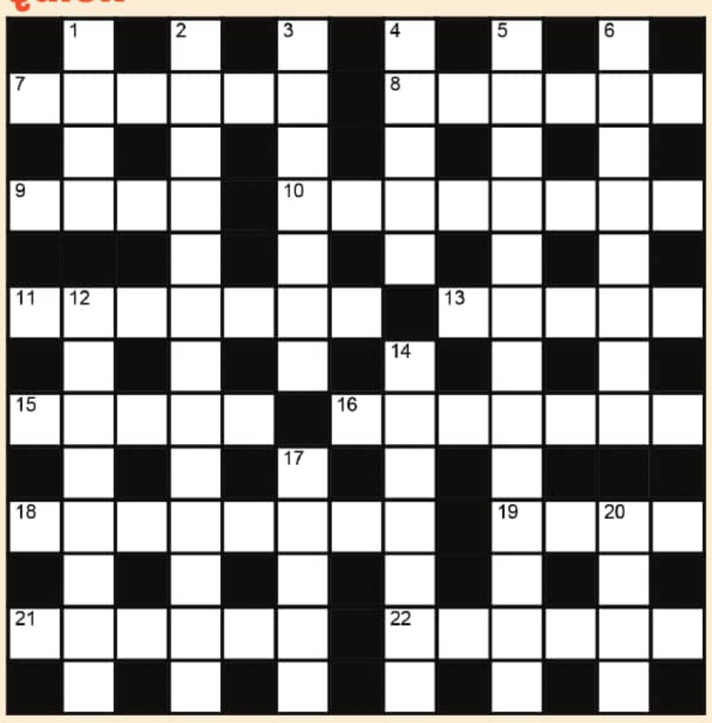
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Small restaurant (6)
8 Sadness (6)
9 Praise extravagantly (4)
10 Cute, adorable or delightful (8)
11 Authentic (7)
13 Electronic message (5)
15 Range (5)
16 Scrutined, looked at closely (7)
18 Salvage or recover (8)
19 River of Hades (4)
21 Blacken or spoil the name of (6)
22 Reveries (6)

DOWN

1 Ex-India paceman Yohannan (4)
2 Expression of British stoicism (5,5,3)
3 Expressing, uttering (7)
4 Check the ore (5)
5 Top political post in most democracies (5,8)
6 Sailor's dance (8)
12 Surpassed (8)
14 Karnataka's first Chief Minister (1,1,5)
17 Rent out again (5)
20 Edible roots (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS G

IECM GVRGT EDAGMPX QJ LVQJMAAEDS EG.

Line maro

Were you in Boy Scouts? Because you sure have tied my heart in a knot

Mindchow

Astronomy is perhaps the science whose discoveries owe least to chance, in which human understanding appears in its whole magnitude, and through which man can best learn how small he is

Joke of the day

The most radical revolutionary will become a conservative the day after the revolution

Loop

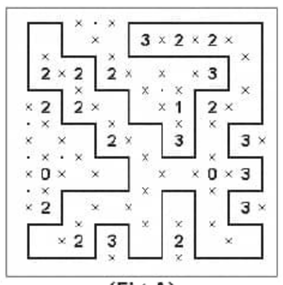
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

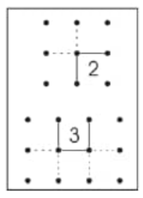
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

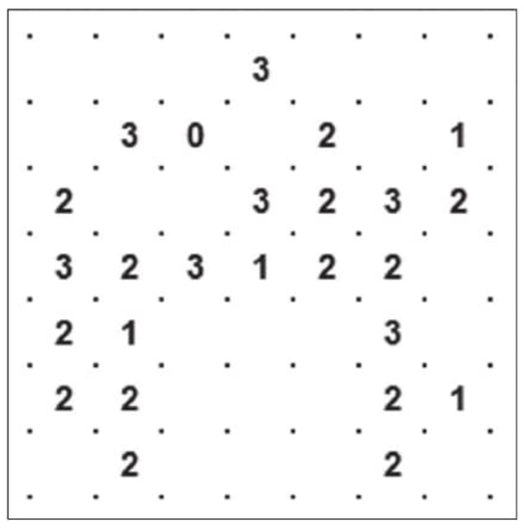
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



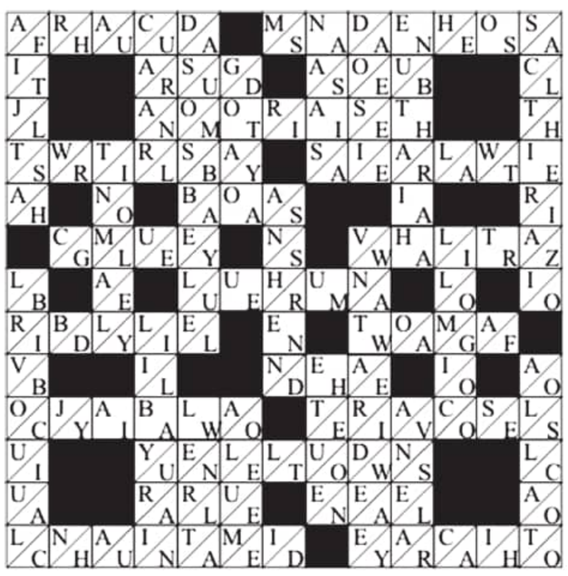
(Fig A)



(Fig B) Not Allowed



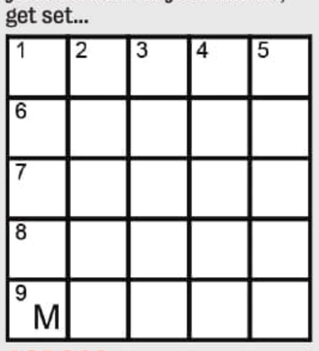
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Libya; 6 Ameer; 7 Meson; 8 So bee; 9 Miser

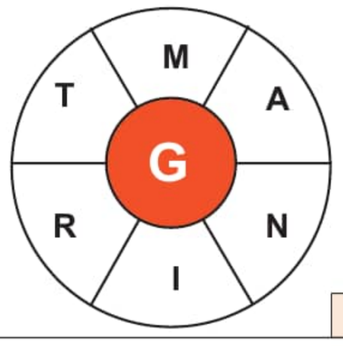
DOWN

1 Mr Boo; 2 Bam II; 3 Ramee; 4 Nee SL; 5 Essey

Mensapuzzle

Which number follows next?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

SudokuChallenge

			5	8		1		
8			3	7		9		6
3					2			
		6			8			
4	8						9	2
			6			4		
			2					4
5		1		9	7			8
		2		6	5			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 20

2 4 6 8

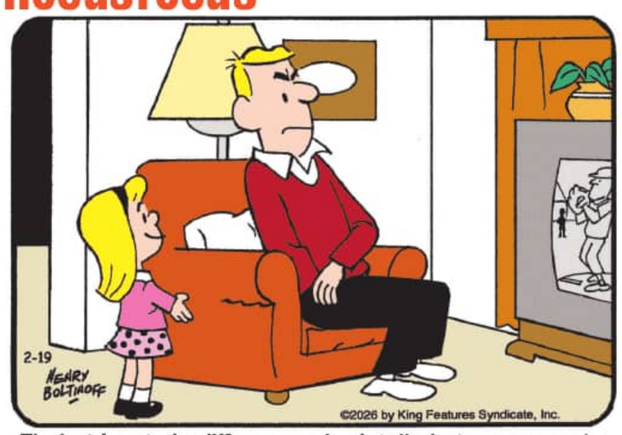
Medium = 8

2 4 7 9

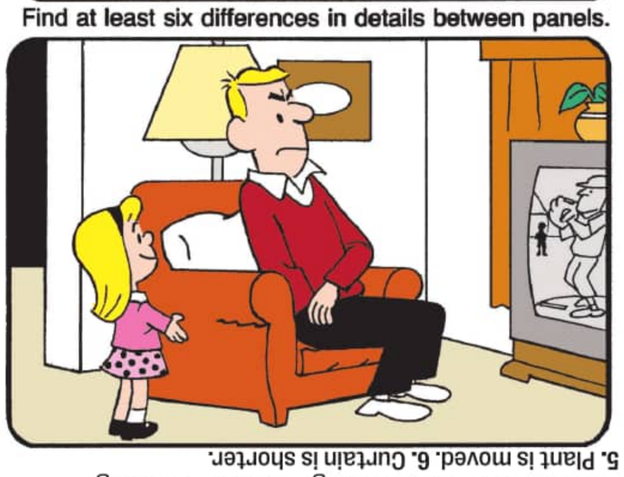
Hard = 1

7 8 9 8

Hocusfocus



Find at least six differences in details between panels.



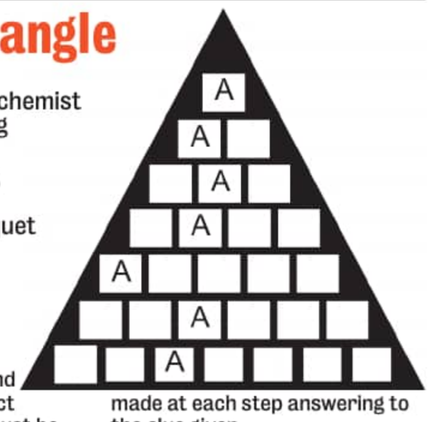
Differences: 1. Bottom of chair is different. 2. Pillow is different. 3. TV screen is larger. 4. Sock is missing. 5. Plant is moved. 6. Curtain is shorter.

Riddler

The following clues lead to two words or phrases that are the phonetic reverse of each other. When you answer the first clue and flip the syllables, you get the second answer. (Phonetic only, not letters.)Using the clues below, please find the words/phrases in question. Example: Imperti-nent * Teetertotter Answer: Saucy/Seesaw 1. A clock or watch * Period between wars (2 words) 2. Fabulous * Chase after 3. Have faith in * Not disturb (2 words)

Alpha triangle

1 Blood gr.
2 Astatine for the chemist
3 Stopped standing
4 Horse fare
5 The Jetsons' dog
6 Speechifies
7 Ribbed at a banquet



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

THE TROUBLE WITH LIFE IS PARENTS... WE KIDS CAN'T COMMUNICAKE WITH THEM!
THEY NEVER WANT TO TALK TO US ABOUT IMPORTANT THINGS!
WELL! HASN'T YA ANYTHING TO SAY?
YA WANNA PLAY CATCH?
8-30
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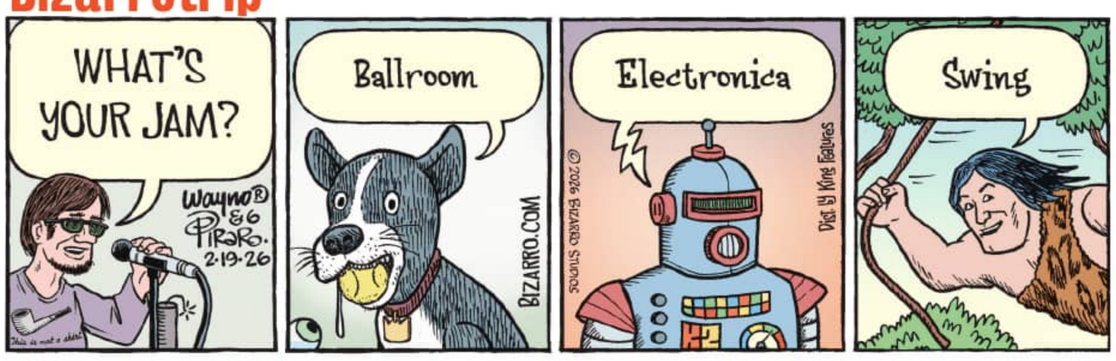
popeye.com

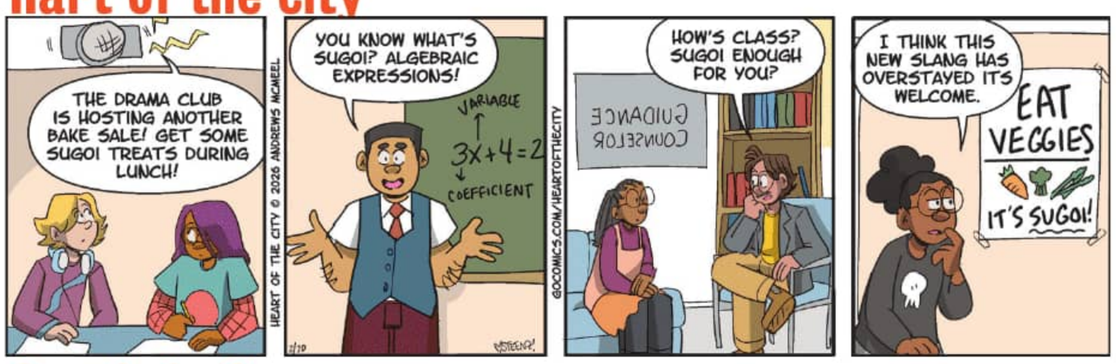
Bizarrotrip



Diamond Lil

...THEN I DATED A REAL CUTE REDHEAD. I WAS SO SAD WHEN SHE DUMPED ME
SHE JUST SEEMED LIKE SHE WOULD HAVE MADE A REALLY GREAT WIFE
WHAT WAS HER NAME?
MARION KIND
2/20
©2015 creators.com
www.creators.com

Hart of the city


THE DRAMA CLUB IS HOSTING ANOTHER BAKE SALE! GET SOME SUGOI TREATS DURING LUNCH!
YOU KNOW WHAT'S SUGOI? ALGEBRAIC EXPRESSIONS!
VARIABLE
3x+4=2
COEFFICIENT
HOW'S CLASS? SUGOI ENOUGH FOR YOU?
GUIDANCE COUNSELOR
I THINK THIS NEW SLANG HAS OVERSTAYED ITS WELCOME.
EAT VEGGIES
IT'S SUGOI!
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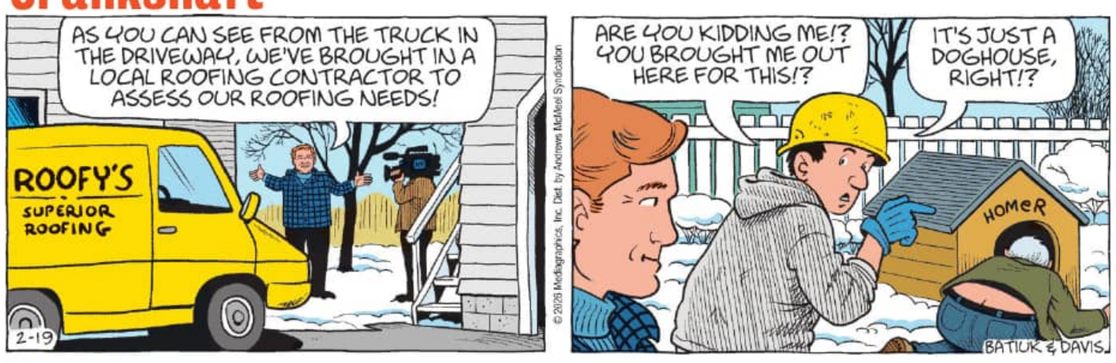
@OCOMICS.COM/HEARTOFTHECITY

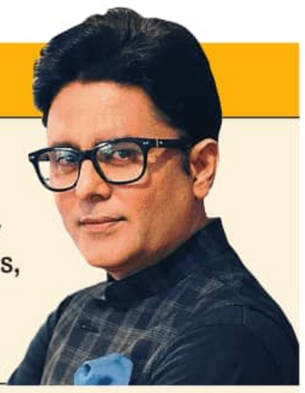
Crankshaft


AS YOU CAN SEE FROM THE TRUCK IN THE DRIVEWAY, WE'VE BROUGHT IN A LOCAL ROOFING CONTRACTOR TO ASSESS OUR ROOFING NEEDS!
ROOFY'S SUPERIOR ROOFING
2-19
ARE YOU KIDDING ME!? YOU BROUGHT ME OUT HERE FOR THIS!?
IT'S JUST A DOGHOUSE, RIGHT!?
HOMER
© 2026 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

An unexpected financial windfall allows you to invest in a long-term passion project. Professionally, collaboration is your golden ticket today; listen closely to a quirky colleague's advice. Relationships thrive on spontaneous adventures, so plan a surprise date night. Health-wise, focus on hydration and mindful breathing to combat a sudden wave of mid-week stress. Trust your intuition completely.

Aries Mar 21–Apr 20

People constantly seek your attention today, leaving little room for solitude. Instead of feeling overwhelmed, embrace the lively energy around you. Conversations and interactions inspire exciting ideas, creativity, and unexpected motivation throughout today.

Taurus Apr 21–May 20

Prioritising your responsibilities carefully today helps you stay focused and productive. Put your personal goals and wellbeing first while handling important tasks. Every thoughtful choice you make now supports long-term success beautifully.

Gemini May 21–Jun 21

Someone meaningful from your past reappears today, bringing positivity and valuable opportunities along. Welcome this connection with an open heart. Releasing old tensions allows brighter experiences and stronger relationships to flourish ahead.

Cancer Jun 22–July 23

The past no longer holds power over your future, making today perfect for fresh beginnings. Focus on exciting opportunities ahead instead of old disappointments. Moving forward confidently brings renewed hope, happiness, and growth.

Leo Jul 24 – Aug 23

Inner clarity finally arrives today, helping you resolve confusion and make important choices confidently. Trust your instincts while weighing different possibilities carefully. Peace of mind returns once your direction becomes beautifully clear again.

Virgo Aug 24–Sep 23

Your intuition feels incredibly sharp today, guiding you toward rewarding decisions and meaningful opportunities. Trust your inner voice completely. Advice you offer others now becomes especially valuable, insightful, and appreciated by everyone.

Libra Sep 24–Oct 22

Your recent achievements have quietly impressed more people than you realize. Even without direct praise, your efforts remain admired and respected. Stay motivated because your dedication and progress continue inspiring others silently today.

Scorpio Oct 23–Nov 22

Your energy feels lower today, encouraging you to slow down and recharge properly. Resting now helps restore balance after handling too much recently. Listening to your body brings renewed strength, peace, and clarity.

Sagittarius Nov 23–Dec 22

Confidence flows naturally today, encouraging you to explore exciting hobbies, opportunities, and experiences fearlessly. Step outside your comfort zone and embrace adventure. Your enthusiasm attracts success, excitement, and rewarding possibilities throughout the day.

Capricorn Dec 23–Jan 20

Today feels perfect for finalizing travel plans or organizing an exciting getaway. Your practical mindset and financial stability support smooth preparations beautifully. Trust yourself, commit confidently, and allow yourself some well-deserved enjoyment soon.

Aquarius Jan 21–Feb 19

If emotions feel heavy today, helping others brings comfort and perspective beautifully. Keeping yourself engaged in meaningful activities lifts your spirits quickly. Positive distractions and supportive connections help improve your mood steadily today.

Pisces Feb 20–Mar 20

Helping others today gives you a deep sense of fulfillment and purpose. Your talents and kindness become highly appreciated by people around you. Offering support reminds you how valuable and capable you truly are.

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SOLUTIONS

SOLVE IN 1M

√(x+4) - √(30+6)) = 0;
√(x+4) - 6 = 0;
√(x+4) = 6; x+4
= 6² = 36;
x = 36-4 = 32

RIDDLER

1. Timepiece / Peace Time,
2. Super / Pursue,
3. Believe / Leave be

STRIKE OUT

FRAUD MAUNTED YACHT
ALE NAE OWS
YELLOW RACES
I RUG SOUR CUP
TRILBY AERATE
LAMOR IST H
RUG SOUR CUP
ALE NAE OWS
YELLOW RACES
FRAUD MAUNTED YACHT

FAST FIVE

B	I	A	L	Y
O	B	E	S	E
O	M	E	N	S
R	A	M	E	E
M	I	R	E	S

QUOTE UNCODE

Live truth instead of professing it.

QUICK

T		S		V		A		P		H		S		
B	I	S	T	R	O		S	O	R	R	O	W		
		N		I			I		S		I	R		
P	U	F	F		C	H	A	R	M	I	N	G		
		F		I		Y		E		E				
G	E	N	U	I	N	E		E	M	A	I	L		
X		P		G		K		I		P				
S	C	O	P	E		S	C	A	N	N	E	D		
E		E		R		R		I						
R	E	T	R	I	E	V	E		S	T	Y	X		
D		L		L		D		T		A				
D	E	F	I	L	E		D	R	E	A	M	S		
		D		T		Y		R		S				

MENSA PUZZLE

24. Square the numbers 1, 2, 3, 4 and 5 and subtract 1.

BULL'S EYE

arming, gain, gait, giant, gift, gnat, grain, gram, grant, grim, grin, grit, margin, mating, MIGRANT, rang, rating, ring, taming

SUDOKU

7	4	2	8	6	5	3	1	9
5	3	1	4	9	7	2	6	8
6	9	8	2	3	1	7	5	4
1	5	3	6	2	9	4	8	7
4	8	7	1	5	3	6	9	2
9	2	6	7	4	8	5	3	1
3	6	4	9	1	2	8	7	5
8	1	5	3	7	4	9	2	6
2	7	9	5	8	6	1	4	3

ALPHA TRIANGLE

A, At, Sat, Oats, Astro, Orates, Roasted.

GO FIGURE

Easy
2 + 6 + 4 + 8 = 20
Medium
2 + 4 + 9 - 7 = 8
Hard
8 - 7 x 9 - 8 = 1

LOOP

KAKURO

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